

IN THE SPECIFICATION:

Please insert on page 7, in between lines 4 and 5, the following:

As shown in figures 1-3, the cooking apparatus provides a plurality of food holding inserts that fit the pot interior, wherein a first insert is selectively connectable to and supported by a second insert and wherein the second insert has an upper end with a connector and is configured to extend between the pot bottom portion and the pot upper end portion and support a food item when it is not supporting nor connected to the first insert. The cooking apparatus also provides a lifting hook that selectively connects to or disconnects from the connector of the second insert.